

Green lentil stew with truffles and poached pullet egg

This February, The Forest Time is honored to be able to publish this recipe from Jacques Marcon, which features on the menu at the Michelin three-starred Régis & Jacques Marcon restaurant in Saint Bonnet-le-Froid.



Mushrooms take center stage in their cuisine and The Forest Time is delighted to introduce you to this ingredient in the expert hands of talented chef Jacques Marcon.

Photo credit: Luc Olivier

Another recipe in our special 'Forest Recipes' series

GREEN LENTIL STEW WITH TRUFFLES AND POACHED PULLET EGG BY JACQUES MARCON

Preparation time: 1 hour

Cooking time: 45 minutes

INGREDIENTS FOR 4 PEOPLE

Green lentil stew

200 g green Le Puy lentils

1 l chicken stock

1 onion

1 clove

1 sprig of thyme

40 g butter

80 g cured pork (demi-sel)

1 chopped onion

1 medium-sized carrot

60 g celeriac

Thin slices of Tricastin truffle

Poached eggs

5 cl white vinegar

4 to 6 extra-fresh pullet eggs

Salt, pepper, fleur de sel, pepper

Truffle sauce

2 shallots

10 cl red port

20 cl slightly thickened chicken juices

1 teaspoon chopped parsley

1 clove of garlic

20 g butter

1 tablespoon black truffles

GREEN LENTIL STEW

Blanch the lentils in cold water, then drain. Then cook them in a saucepan with the chicken stock, onion pricked with a clove, and thyme. Salt lightly.

Leave to cook for about 20 to 25 minutes over a low heat. Check the lentils are cooked, then drain, keeping the cooking juices.

Reduce these juices by half with a few cooked lentils, then mix to obtain a creamy sauce.

Add butter to a frying pan and sweat the diced pork with the diced onion, carrot and celeriac. Cover and cook over a low heat for 5 minutes, add a little of the reduced juice, the lentils, and cook for another 4 to 5 minutes. Keep warm.

POACHED EGGS

In a large saucepan, bring water to a boil with the vinegar. Break each egg into a ramekin, then pour them gently one after the other into the boiling water. The white will wrap around the egg yolk; count 3 minutes per egg. Check they are cooked by pressing with your finger, then remove each egg with a slotted spoon and place them in ice-cold water.

If you have a smoker, smoke each egg (10 minutes black smoke). Set aside.

TRUFFLE SAUCE

In a skillet, reduce the finely chopped shallots and port by half over medium heat. Pour in the chicken juices, set aside one third of the sauce. Mix the cooked lentils with the rest of the sauce, then add the chopped parsley, a small dash of chopped garlic, raw butter and the truffles chopped with a fork; check the seasoning.

FINISHING

In a saucepan of hot water, heat the egg, gently remove it, blot it very carefully and season.

Arrange the stew in the middle of the plate, place the egg in the center. Surround with strips of truffles sprinkled with a little fleur de sel. Serve hot with the truffle sauce.

Serving recommendation:

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The finesse, freshness and elegance of a 2012 Côte-rotie from Domaine Jamet, run by Corinne, Jean-Paul and Loïc Jamet.

The Green Puy Lentil is an emblem of the Haute-Loire department. It was granted AOC designated-origin status in 1996 and AOP protection in 2008, thanks to the efforts of CILVERPUY (Comité Interprofessionnel de la Lentille Verte du Puy) and, above all, to close collaboration between everyone involved in the sector, from the producers to cooks, pastry chefs, bakers and the like.